



PO Box 7067, Denver, CO 80207 | 303.447.1076 | www.CottonwoodInstitute.org

REGISTRATION PACKET

Thank you for registering for the Cottonwood Institute Air National Guard Overnight Backpacking trip! This course information packet is designed to answer all of your questions about your course, but if you have additional questions, feel free to call us anytime at **303.447.1076 x 701** or via email at madeline@cottonwoodinstitute.org. Please make sure you read through your registration packet cover to cover before contacting us with questions. Registration opens July 15th, 2016 and closes August 15th, 2016. The participant list is determined in order of receipt of completed registration forms (one for each person attending). Group size limited to 12 participants. A waiting list will build after the first 12 registrants. In this course information packet, you will find everything you need to have a successful course, including:

INFORMATION ABOUT THE COURSE:

The Cottonwood Institute in collaboration with Air National Guard, is excited to offer a two-day, one-night overnight backpack for 12-17 year olds. During this course, we will backpack 1 mile into our campsite, camp out in tents under the stars at White Ranch Open Space with amazing views of the Denver Metro area. Students will spend time in nature, playing games, relaxing, and hanging out. We will also learn about basic backpacking, camping, and survival priorities, tips, and techniques, primitive and modern fires. We will talk about how our actions make us stewards of the land. We will practice nature awareness activities, leadership, and team building skills.

NUTS AND BOLTS:

- **Course Name:** Air National Guard Backpacking Overnight 2016
- **Course start/finish location:** Dinosaur Lots, I-70 Exit 259, Woolly Mammoth North Lot, Golden
- **Course start date and time:** Saturday, August 27th, 2016 at 8:00am sharp
- **Course end date and time:** Sunday, August 28th, 2016 at approximately 5:00 pm.

COURSE ITINERARY:

Day 1 –

- Eat breakfast on your own and meet at the course start location to be coordinated with Lance Ellis.
- Gear check to make sure you have everything on the equipment list, and you are prepared.
- Load up the van and travel to our course location at White Ranch Open Space, Golden, CO.
- Pack up gear, group gear and food and set off for a 1 mile hike in.
- Set up camp, get to know each other, learn how to minimize our impact on our new environment, and begin to practice essential low impact camping skills.
- Explore our surroundings, Play games, build primitive survival shelters, learn methods of building a fire (if fire bans are not in effect in Jefferson County).
- Evening nature awareness activities and discussion of our time together and what we are learning.

Day 2 –

- Breakfast and warm up activities and interactive games
- Potential for service project for White Ranch.
- Participants will set the intention to bring the skills and knowledge of relaxing in the natural world and being environmental stewards back to their everyday lives. We can reduce our footprint and stress in the natural world and our worlds at home.
- Enjoy a last moment of reflection in the natural world.
- Pack up our gear, final clean up, and hike out.
- Depart White Ranch no later than 3 p.m.

EMERGENCY COMMUNICATION:

If there is an emergency situation at home and you need to be contacted while we are in the field, please have your loved ones call Ford Church, Executive Director, on his cell at 303.881.9958 or Madeline Bachner, Program Director, on her cell at 307.413.8029. **These numbers should only be used for emergencies and may not be used to check up on students in the field.** We may not have day-to-day communication with Instructors in the field, so please tell your loved ones that no news is good news while we are out! Your Instructors are trained in wilderness medicine and are prepared to handle backcountry emergencies. If there is an emergency while we are at our base camp, your instructors will make sure the scene is safe, stabilize the patient, and will call Emergency Medical Professionals to secure medical treatment and coordinate an evacuation if necessary. In the event of an emergency the Cottonwood Institute will call the emergency contacts listed on your course paperwork.

IMPORTANT PHONE NUMBERS:

- Cottonwood Institute – 303.447.1076
- Ford Church, Cottonwood Institute Executive Director – 303.447.1076 x 700
- Madeline Bachner, Cottonwood Institute Program Director- 303.447.1076 x 701
- Taryn Longberry, Cottonwood Institute Program Coordinator – 303.447.1076 x702
- Air National Guard Partner Contact: Michelle Abarka – 303.827.9629

EQUIPMENT LIST:

In order to participate in this course, you will need to purchase, rent, or borrow the following equipment. Having the proper gear will make for a much more comfortable experience, please ask us if you have any questions. Please note that you are responsible for carrying your own equipment during our course, so pack light. If something is not on the equipment list, you probably do not need it during our course. Personal items you need before and after your course (like electronics) will be stored in our locked van, but will not be accessible once our course begins. Please do not buy expensive gear to come on this trip, use what you have and ask about borrowing from our extensive gear supply!

Please bring the following personal gear:

- ⑧ 1 large hiking backpack to carry your gear. Should be 40 liter size or bigger.
- ⑧ 1 tent with ground cloth or plastic sheet - 2-4 person (depending on # of people in your family), backpacking style to carry in pack, protect from wind and rain preferred.
- ⑧ 2-3 wide-mouth 32-ounce water bottles
- ⑧ 1 sleeping pad – Must be closed cell foam pad or an inflatable sleeping pad for backpacking.
- ⑧ 1 backpacking sleeping bag – lows may be in the 40s or 50s, so a summer weight bag is fine.
- ⑧ 1 pair hiking boots or sturdy running shoes that you can carry weight in.
- ⑧ 1 pair of camp shoes (clogs, slip-ons, sandals etc.) - optional
- ⑧ 2 pair of wool/smartwool socks and 2 pair of sock liners (optional).
- ⑧ 1 long underwear tops - No cotton.
- ⑧ 2 pair of underwear.
- ⑧ 1 sports bra/athletic top for women.
- ⑧ 1 sturdy long pants – You will need to wear long pants for our service work or walking through brush off trail.
- ⑧ 1 long-sleeved cotton t-shirt- Long sleeve shirts are preferred for building shelters, and keeping off sun.
- ⑧ 1 light sweater, fleece, pullover, or light jacket - No cotton.
- ⑧ 1 warm jacket such as down or synthetic fill coat even in summer it gets chilly at night.
- ⑧ Rain gear tops and bottoms – Avoid cheap plastic raingear that will tear or shred. Breathable fabrics like Gore-Tex are preferred, but can be expensive, see our rental supplies.
- ⑧ 1 pair leather work gloves or gardening gloves.
- ⑧ 1 hat with brim – A baseball hat or sun hat will work fine.
- ⑧ 1 wool/fleece hat
- ⑧ 1 Bandana -optional
- ⑧ Sunglasses
- ⑧ Eyeglasses if needed – We do not recommend bringing contacts. We will not have access to running water and putting dirty fingers in your eyes is not recommended while camping out.
- ⑧ Toothbrush & toothpaste
- ⑧ Sunscreen
- ⑧ Chapstick with sunscreen
- ⑧ Headlamp or flashlight and extra batteries.
- ⑧ Personal medications, feminine hygiene products - If applicable.

- ⑧ Journal, pen/pencil and Camera – Optional . NO CELL PHONES, if this is your only camera, please purchase a disposable or feel free to use the shared CI camera and we will email pictures to the group. We are aiming to let go of the “busy” life of connection and leave phones, computers and music players behind.
- ⑧ A knife for carving wood is allowed on the trip with a blade not to exceed 4" in length. No weapons are allowed on the course, with or without a permit to carry.

FOOD AND DIET:

You will be responsible for your own meals before and after your course (breakfast on Saturday and Dinner on Sunday), but all meals will be covered during your course. If you have any special dietary restrictions or allergies that we need to know about during your course, please indicate this information on your Medical and Health History Form below and we will make sure that we accommodate you to the best of our ability. While we can make certain dietary accommodations for people with legitimate medical concerns, we may not be able to cater to individual cravings and food preferences. We will put together a great menu during our course and you will have an opportunity to try the art of backcountry cooking.

PHYSICAL CONDITIONING:

During this course, you should expect to be at altitudes between 6,000 feet and 9,000 feet. The better physical condition you are in when you arrive, the better experience you will have during your course. Staying hydrated before, during, and after your course is essential. Staying hydrated helps prevent altitude sickness and hypothermia and helps your body function like a well-oiled machine. If you notice a headache coming on, if you are feeling sluggish, tired, and have noticed you are in a bad mood, drink water because you are most likely dehydrated. You should be drinking at least 1 gallon (4 quarts)/day and going to the bathroom every 1-2 hours; otherwise, you are not drinking enough water!

NO CELL PHONES AND ELECTRONICS:

Cell phones, pagers, iPods, palm pilots, and other electronic devices (except cameras) are **prohibited during your course**. You may need these items to communicate with the outside world before and after your course, but they will not be allowed in the field. We will be in remote areas of Colorado and cell reception is unlikely. One of our objectives during this course is to tune into the natural world and enjoy the present moment, quiet, and solitude. We will temporarily leave our normal lives, our hectic schedule, drama, homework, meetings, appointments, phone calls, emails, faxes, and to-do lists and relax into the wilderness!

ALCOHOL AND DRUG POLICY:

The use or possession of any type of illegal drugs, recreational drugs (including marijuana), alcohol, or tobacco by participants, volunteers, or parents/guardians, is strictly forbidden during Cottonwood Institute programs and activities. The Cottonwood Institute reserves the right to search the belongings and/or person of any participant or volunteer who is suspected of violating the Drug and Alcohol Policy during a course. Participants and/or volunteers in violation of the Drug and Alcohol Policy may be immediately removed from the course. The Cottonwood Institute is not responsible for costs associated with removing a participant and/or volunteer from the field while a course is in progress.

Please understand, this is a smoke-free course. If you are addicted to nicotine (cigarettes, chewing tobacco, e-cigarettes, etc.) please try to quit before your course starts or talk to your doctor about prescribing the patch. Smoking is also a safety concern in terms of potentially starting wildfires, so smoking is not allowed.

Cottonwood Institute must be informed about any prescription drugs participants/volunteers are taking; this information must be listed on the participant/volunteer's health form.

SAFETY CONCERNS:

Getting lost, dehydration, altitude sickness, hypothermia, lightning strikes, and wildlife encounters, although unlikely, are our biggest safety considerations during this course. In order to prevent injuries during our course, we will stay together and look out for ourselves and each other. No weapons of any kind with or without a permit are allowed on CI courses. Having the right equipment is essential for having a safe and enjoyable trip. It is also very important to drink lots of water even when you are not thirsty and to eat high calorie meals and snacks throughout the day. We will talk about how to prevent specific safety concerns when our course begins, so stay tuned for a more thorough safety briefing before we go into the field.